



Mini Swedish meatballs with cranberry sauce

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g pork mince
- ☐ 50 g breadcrumb fresh white
- ☐ 1 egg yolk
- ☐ 2 tbsp onion grated finely chopped
- ☐ 0.5 tsp ground allspice
- ☐ 1 tbsp olive oil
- ☐ 6 servings jelly

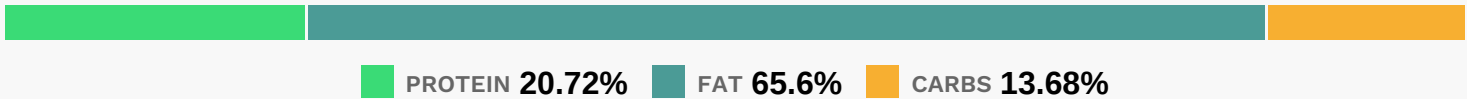
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, put the meat, breadcrumbs, egg, onion and allspice with some seasoning.
- ☐ Mix well and form into about 20 small meatballs.
- ☐ Heat the oil in a frying pan, then brown and cook the meatballs in two batches.
- ☐ Serve with a bowl of cranberry sauce to dip in.
- ☐ Serve alongside a combination of smoked and cured fish like salmon, pickled herring, trout or mackerel.
- ☐ Add bowls of crme frache or soft cheese, capers, grainy mustard, diced red onion or chopped boiled eggs to accompany, as well as the dishes below.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:6.8452174093412%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 196.91kcal (9.85%), Fat: 14.18g (21.82%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 6.15g (2.24%), Sugar: 0.72g (0.8%), Cholesterol: 68.4mg (22.8%), Sodium: 90.76mg (3.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin B1: 0.45mg (30.25%), Selenium: 16.1µg (23%), Vitamin B3: 2.73mg (13.66%), Phosphorus: 114.21mg (11.42%), Vitamin B6: 0.22mg (10.85%), Vitamin B2:

0.17mg (9.89%), Zinc: 1.3mg (8.65%), Vitamin B12: 0.44µg (7.29%), Iron: 0.96mg (5.32%), Potassium: 170.45mg (4.87%), Manganese: 0.1mg (4.79%), Vitamin B5: 0.48mg (4.77%), Folate: 16.5µg (4.12%), Magnesium: 13.84mg (3.46%), Vitamin E: 0.43mg (2.89%), Calcium: 28.04mg (2.8%), Copper: 0.05mg (2.44%), Fiber: 0.5g (2.01%), Vitamin K: 2.04µg (1.94%), Vitamin D: 0.16µg (1.08%)